

# Healthy Heart Program and High Blood Pressure Monitoring

The logo for 'reviveclinic' is displayed in a green circle. The word 'revive' is in green and 'clinic' is in black. The background of the entire page features a pattern of yellow and blue dots of varying sizes.

**According to the Australian Heart Foundation, 1 in 3 Australian adults has high blood pressure, or hypertension.**

**Uncontrolled high blood pressure can lead to stroke, heart failure or kidney failure.**

For those with high blood pressure our Healthy Heart program can help manage and even turn around high blood pressure.

- The 6 week Healthy Heart program will equip you with all the tools and support that you need to better manage your health.
- Includes weekly support from our Nurse Practitioner to answer all your questions, educate you on what everything means and assist you to make changes to better control your condition.
- Ongoing monitoring from checking your blood pressure to performing a kidney function test.
- We are your support network in between visits to your primary care provider.

## What to expect at your visit

1. We recommend that you fast 8 to 12 hours before coming in if you anticipate needing a cholesterol test. Then sign in at the electronic kiosk to see a nurse practitioner. No appointment necessary.
2. Your nurse practitioner will review your medical history as well as perform an examination and tests based on your individual needs, following nationally accepted guidelines. They may include the following:
  - Blood pressure check
  - Body mass index (BMI)
  - Review of lifestyle factors
  - Cholesterol test (recommended every 2 years)
  - Kidney function (recommended annually)

3. We'll discuss your results and set your program targets. Each week we'll provide you with a specific goal with the information and resources to keep your blood pressure under control. We can also answer any questions you may have about your condition.
4. A visit summary will be sent to your primary care provider with your consent.

## How much does the program cost and can I get a rebate?

- The Healthy Heart Program is \_\_\_\_\_ for 6 weeks.
- Standard consult fee applies to ongoing post program monitoring.
- Medicare and health insurance rebates apply.

## What to know before your visit

- Patients must be 18 years of age or older.
- Diagnosis of certain conditions may require further tests. Your Nurse Practitioner will advise you the additional cost for any tests required that are not covered on Medicare.
- Some conditions may require a referral to a GP or Specialists.

## What's a Nurse Practitioner?

Nurse Practitioners are highly experienced registered nurses with advanced education and training in the diagnosis, management and prevention of common health conditions. They have the authority to prescribe medication, refer to specialists and order diagnostic tests.

### Talk to our Nurse Practitioner today.

Your participating Revive Clinic Pharmacy

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